



---

# GOAL MAKING FOR ARTISTS

---

Brittany Stanton, Cheri Bywater  
and Bailey Myers



# GOAL MAKING FOR ARTISTS

---

A Goal Setting Notebook:  
Defining Your Creative Dreams and  
Making Them A Reality

Brittany Stanton, Cheri Bywater and Bailey Myers  
[www.textileindie.com](http://www.textileindie.com)

Copyright 2025

Bywater Media Group

First Published in 2017

All rights reserved. No part of this book may be reproduced or used, in any form or by any means, electronic or mechanical, for commercial use without prior permission in writing from the publisher.



Brittany Stanton

Cheri Bywater

Bailey Myers

[www.textileindie.com](http://www.textileindie.com)

# INTRODUCTION

---

This notebook is meant to be used like a workbook, inspiration journal, idea jotting space, or really, however else you want to use it.

There are a few things I would like to suggest as you work through the worksheets throughout this book, however.

Some pointers that will help you to grow in your goal making skills, as well as accomplish the goals you set.

It may be helpful to review through the whole notebook to get an understanding of the layout and organization before getting started. Then read the goal making sections.

These sections will help you to get a clear idea of how to create valuable goals. Go through the goal making worksheet to establish what you want to pursue as your goals and write them in the "My Goals" worksheet.

Following the "My Goals" worksheet are a series of worksheets that will help you to further define your goal, break it down into steps, create a to-do list for accomplishing the goal and space for inspiration, brainstorming and collecting thoughts.

There are a set of worksheets for each goal you make.

# CONTENTS

---

First, this notebook is set up in three sections:

1. Introduction and goal making information
2. Goals, goal analyzing, and planning
3. Looking at the big picture, combining all of the goals you have made into one space.

# GOAL WORKSHEETS

---

This is your goal profile. Write out what your goal is, what category of your life it impacts and your reasons for pursuing this goal.

Use this section like a journal, or just for notes. This is helpful information to look back on as you need motivation to keep moving forward in pursuing the goal.

## KEY STEPS WORKSHEET

---

This is where you can break down your goal into key steps.

If you don't know what those steps will be yet, how to go about accomplishing this goal, then add the information as you figure it out.

## TO DO'S WORKSHEET

---

List all of the to-do items that you come up with as you work towards your goal.

Being able to check a to-do off your list will help you to track progress, as well as visualize the progress you are making.



# YEAR AT A GLANCE WORKSHEET

---

This is a month calendar for you to write in what you want to accomplish in each month. Specific to each goal this area can be as vague or specific as you wish.

# NOTES WORKSHEET

---

This is a space for brainstorming, thoughts, ideas, lists or whatever you think of to fill it with.

# VISUAL EXPLORATION WORKSHEET

---

As a creative having a blank page to work with is always a bonus. Use this space to create a mind-map, sketch, doodle.... The possibilities are endless.

# LAST COMMENTS

---

The closing pages of this notebook include a calendar to combine all goals work in one place. Note pages follow to add any other information that you want to write down, space to brainstorm, or even journal about your process.

And that is the Goal Making For Artists notebook. I hope you enjoy and find it helpful.

- Brittany Stanton

# THE BASICS OF GOAL SETTING

---

## How to set a goal:

Setting goals can be a hard task to accomplish. The possibilities are endless. However something that will help you to set goals to achieve what you want to accomplish is this question: What do you want to have accomplished at the end of your life? This question will help you to narrow down on your priorities and focus in on what you find important.

Here are a few tips for creating a set of goals that you will actually be able to make progress on.

1. Write your goals down. Your half way there by holding this book! Use the worksheets throughout this notebook to keep track of your goals.

2. Your goal should be actionable. This means they are specific. Narrowed down to a specific task or focus that you will be able to see and track progress.

3. A good goal must be quantifiable. There should be some way in which you can track your progress, see results, or accomplish something

4. Set a deadline or "due date" for each goal. This will give the goal urgency.

# IDENTIFY YOUR WHY

---

This will help give you motivation as time goes on and the novelty wears off. There is a section in this notebook for you to write out the reasons you want to accomplish each goal.

Use this space to jot down bullet point reasons, or journal about why you want to accomplish it. In whatever way you choose make sure to write down what your inspiration is at this moment for accomplishing each goal as you make them.

Some questions to ask while considering this section:

Why is this goal important to you?

What is at stake? Why would accomplishing this goal improve your life?

How is this goal meaningful to you?

# MEASURING AND QUANTIFYING GOALS

---

A good way to measure your progress when trying to accomplish your goals is to break down the goal into sections. List these sections out in your notebook.

As you accomplish a section you can check it off your list and move to the next section. This is motivational because you have a visual representation of each goal and can see progress. If you don't know what each step will be yet, write down as many steps as you can think of at the moment.

As new stages in your goal progress come up, add them to your list.

# TRACKING PROGRESS

---

Review your goals every day. Take a few minutes to read through what your goals are and get refocused on what it is you are trying to accomplish. This will help you to move forward without distraction from all the other ideas and things that seem important at the time, but don't push you closer to where you want to be.

## AREAS FOR GOAL MAKING

---

Consider each of these areas while setting goals. Each area focuses on a specific aspect of life. Included are some short descriptions to help lead you to define how each area applies in your life.

They are left purposefully open ended to allow you to take time to discover what each applies to in your life and how you can use it to categorize the things you spend your time doing, or thinking about.

## FOCUS QUESTIONS

---

1. What areas do you feel like need the most attention right now?
2. What areas do you want to improve?
3. In what areas do you want to make forward progress?

# GOAL SETTING CATEGORIES

---

Vocational: Work or career....

Avocational: Hobbies, interests, personal pursuits that you enjoy....

Social: Your social life, friendships, relationships with others....

Physical: Health, fitness, well being....

Emotional: Emotional health and happiness....

Spiritual: Spiritual pursuits, prayer, devotion, meditation, reflection....

Intellectual: Studies, school, reading, learning, information....

Financial: Income, spending, banking....

# GOAL MAKING WORKSHEET: DEFINING A GOAL

---

Thinking about what is most important to you and what you want to accomplish in your lifetime will help you to focus on what your priority is.

## 1: WHAT ARE YOUR PRIORITIES

---

### BIG PICTURE:

What is most important to you?

If you had to focus on only one thing, what would that be?

What do you want to have accomplished at the end of your life?

What will you regret not doing?

What is your priority?

### SPECIFIC LIFE CATEGORIES

---

What areas of your life do you feel like need the most attention or improvement?

What areas do you want to see forward progress in?

## 2: ACTIONABLE AND QUANTIFIABLE

---

Use the section under "How to Set Goals" to guide you through creating goals that you can actually accomplish.

## 3: PURSUE GOALS THAT MAKE YOU GROW

---

Goals that are easy to accomplish won't help you to grow or learn or challenge your creativity.

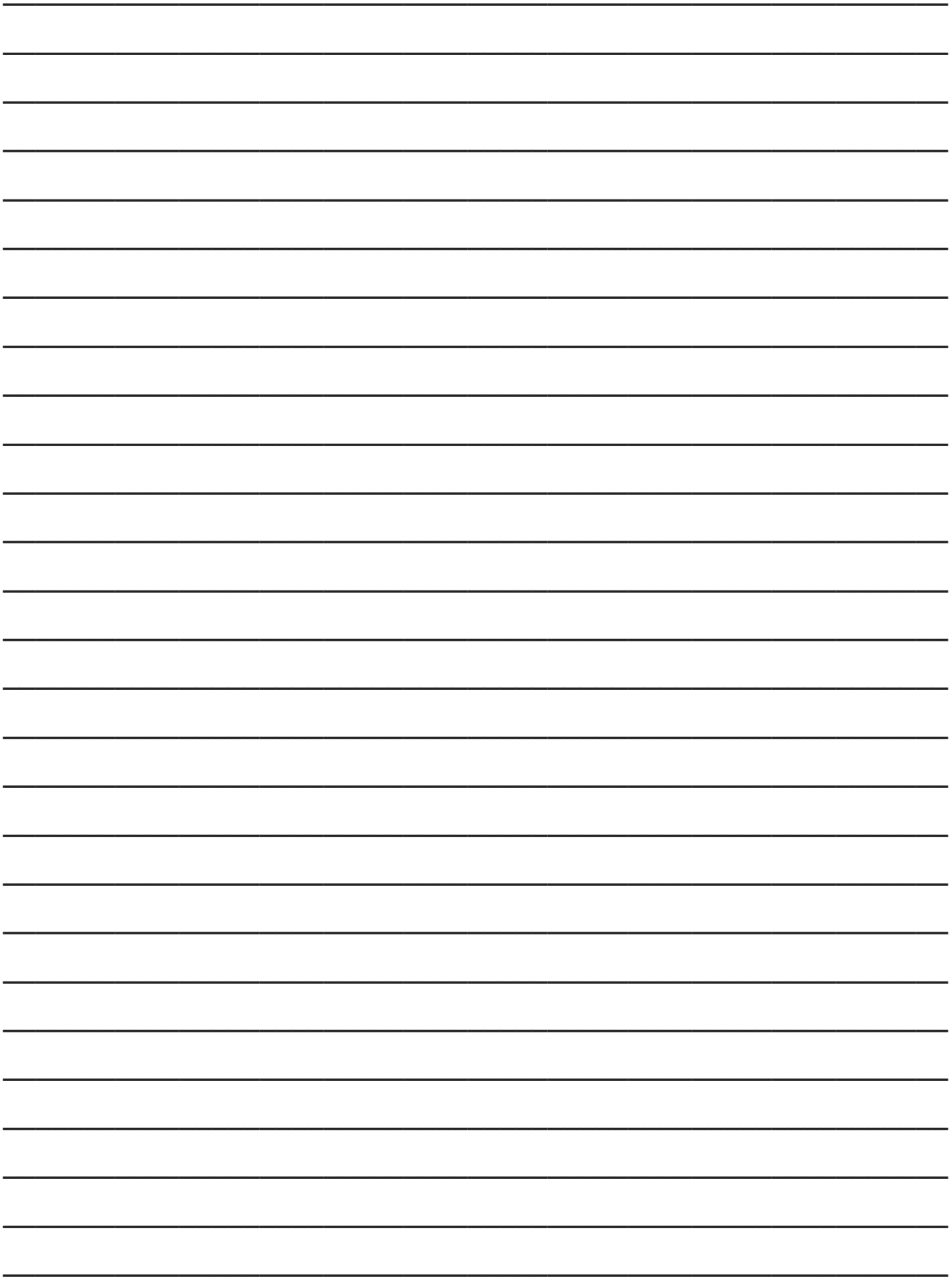
Make goals that put you in a place of discomfort in one of three ways, these are your discomfort cues:

- Fear. It scares you because of what's at stake, or what might happen.
- Uncertainty. The outcome is unclear, the steps are unclear, or the value may even be unclear in some cases.
- Doubt. There is doubt surrounding whether you can accomplish it, have the resources, or the ability to do it.

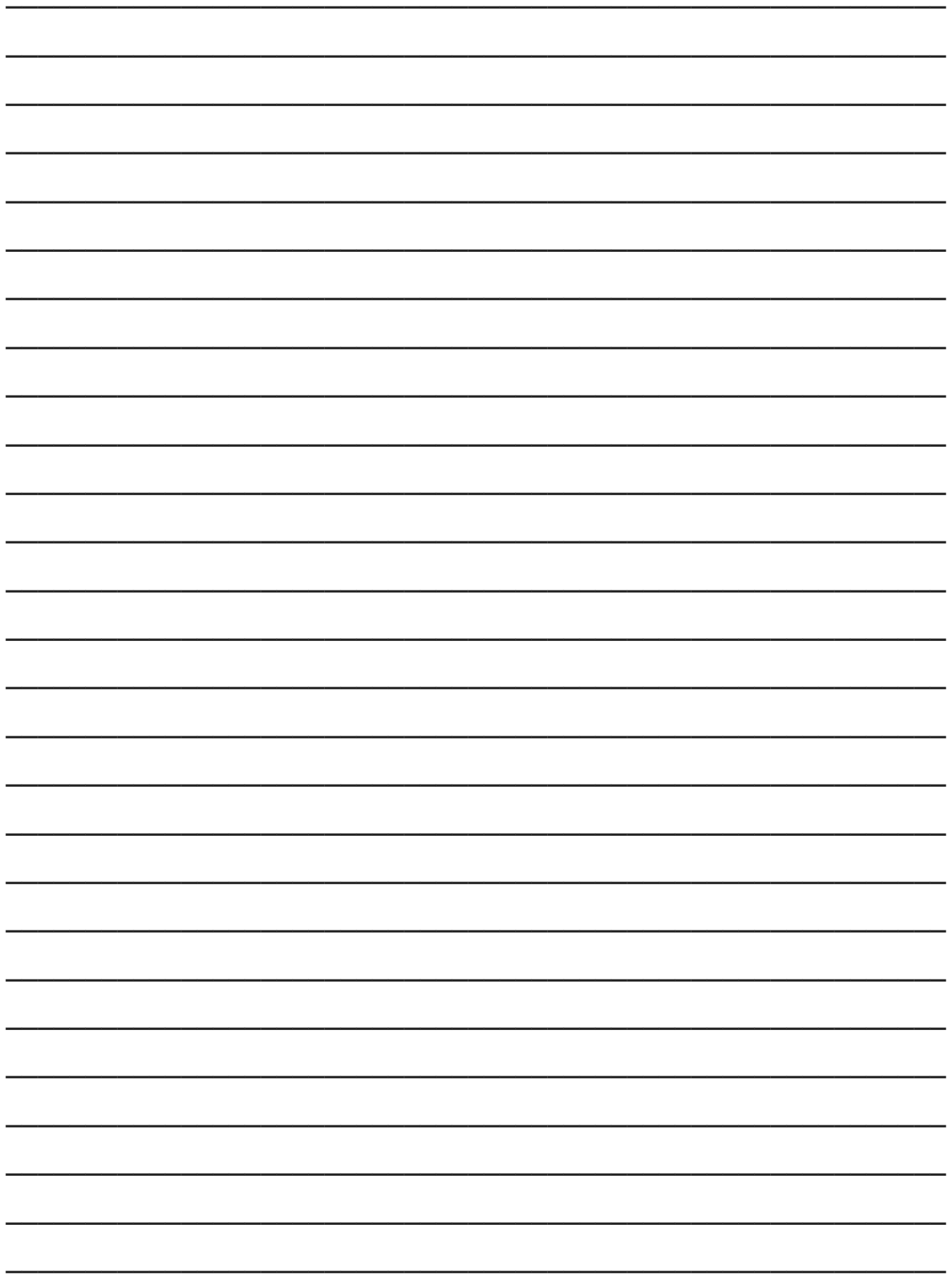
Using all the tips in the "How to Set a Goals" section shoot for something slightly higher than you are comfortable with at the moment. The growth that comes from the challenge will be worth the effort to accomplish your goal.

Is my goal easily attainable, or do I have to stretch a bit to reach it?

Does my goal hit one of the three discomfort cues?







# MY GOALS:

LIST OUT THE GOALS YOU WANT TO ACCOMPLISH

1.

---

---

---

---

2.

---

---

---

---

3.

---

---

---

---

4.

---

---

---

---

5.

---

---

---

---

6.

---

---

---

---

7.

---

---

---

---

8.

---

---

---

---

9.

---

---

---

---

10.

---

---

---

---

# GOAL 1

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 1: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 1: TO DO LIST

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 1: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December





# GOAL 1: VISUAL EXPLORATION

---

# GOAL 2

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

## GOAL 2: KEY STEPS

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 2: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## GOAL 2: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December





## GOAL 2: VISUAL EXPLORATION

---

# GOAL 3

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 3: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 3: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 3: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December



# GOAL 3: VISUAL EXPLORATION

---



# GOAL 4

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 4: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 4: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 4: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December



# GOAL 4: VISUAL EXPLORATION

---

# GOAL 5

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---



# GOAL 5: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 5: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 5: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December



# GOAL 5: VISUAL EXPLORATION

---

# GOAL 6

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 6: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# GOAL 6: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 6: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December



# GOAL 6: VISUAL EXPLORATION

---

# GOAL 7

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 7: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 7: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# GOAL 7: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December



# GOAL 7: VISUAL EXPLORATION

---

# GOAL 8

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 8: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 8: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 8: YEAR AT A GLANCE

---

January

February

March

April

May

June



July

August

September

October

November

December



# GOAL 8: VISUAL EXPLORATION

---

# GOAL 9

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 9: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 9: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 9: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December





# GOAL 9: VISUAL EXPLORATION

---

# GOAL 10

---

Goal:

---

---

---

---

Category:

---

---

---

---

Reasons I Want to Accomplish This Goal (My Motivation):

---

---

---

---

---

---

---

---

---

---

# GOAL 10: KEY STEPS

---

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOAL 10: TO DO LIST

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# GOAL 10: YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December





# GOAL 10: VISUAL EXPLORATION

---

# YEAR AT A GLANCE

---

January

February

March

April

May

June

July

August

September

October

November

December

